

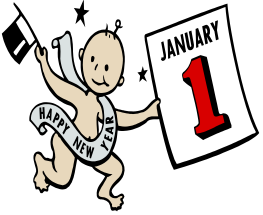




DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Call us for more information!</p>  <p>(305) 805-5160</p>	<p>1</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p> <p>12:15 pm – MS/VG Senior Citizens' Club Meeting</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p>	<p>2</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded BBQ Chicken</p> <p>12:00 – 1:00 p.m.: DISTRIBUTION of AMPLIFIED TELEPHONES</p>	<p>3</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <p>11:30 am – NUTRITION EDUCATION: "HEALTHY HOLIDAY EATING"</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>4</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork</p> <p>1:15 pm – FIELD TRIP: FLAGLER ST. MALL \$.50/person (16 may go)</p>
<p>7</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <p>12:15 pm – BINGO 1st game – cash prize</p>	<p>8</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Chasseur</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>5:00—9:00 pm: HOLIDAY PARTY at the MS Country Club!</p>	<p>9</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork</p> <p>12:15 p.m.: "GRIEF and the HOLIDAYS" -Maritza Lopez, Catholic Hospice</p>	<p>10</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA 10:45 am – CHAIR EXERCISE 11:30 am – LUNCH: Stuffed Pepper</p> <p>12:15 p.m.: CHRISTMAS CAROLERS - MS MONTESSORI SCHOOL</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>1:15 pm – WAL-MART</p>	<p>11</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Turkey</p> <p>12:15 p.m.: SPECIAL PERFORMANCE by the HIALEAH GARDENS MIDDLE SCHOOL'S JAZZ BAND</p>
<p>14</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Fricasee</p> <p>12:15 pm – BINGO</p>	<p>15</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>12:15 pm – CRIME WATCH PROGRAM MSPD Community Policing Office</p> <p>11:30 am – LUNCH: Beef Chili con Carne</p> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p>	<p>16</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Egg Salad & Soup</p> <p>12:15 pm – NATASHA'S (NOT TO BE MISSED) SENIOR VARIETY SHOW!!</p>	<p>17</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Meatloaf</p> <p>12:00 pm –  BIRTHDAY & ANNIVERSARY PARTY</p> <p>12:30 pm – TAI CHI (Class meets at the Optimist Club)</p> <p>12:45 pm – Grocery Shopping</p>	<p>18</p> <p>9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork</p> <p>12:30 pm – ART CLASS (pre-registration required)</p> <p>12:15 pm – BINGO</p>
<p>21</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <p>12:15 p.m.: "WE WISH YOU A MERRY CHRISTMAS" - PELICAN PLAYERS PUPPETEERS</p> <p>Deliver Gifts to the Homebonds </p>	<p>22</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Picadillo</p> <p>12:30 pm – TAI CHI (Class meets at the Senior Center)</p> <p>12:30 pm – ART CLASS (pre-registration required)</p>	<p>23</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – CHRISTMAS LUNCHEON: Smoked Ham</p> <p></p> <p>12:15 pm – SPECIAL ENTERTAINMENT by the XIQUE FAMILY TRIO</p>	<p>24</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE</p> <p>11:30 am – LUNCH: Tuna Salad & Soup</p> <p>12:30 pm – TAI CHI (Class meets at the Senior Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p>25</p> <p>CHRISTMAS HOLIDAY</p> <p></p> <p>SENIOR CENTER CLOSED</p>
<p>28</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes are at the Senior Center)</p> <p>11:30 am – LUNCH: Beef Stew</p> <p>12:15 pm – BINGO</p>	<p>29</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Breaded Fish Wedge</p> <p>12:30 pm – TAI CHI (Class meets at the Senior Center)</p> <p>12:30 pm ART CLASS (pre-registration required)</p>	<p>30</p> <p>9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded BBQ Chicken</p> <p>12:30 pm – ART CLASS (pre-registration required)</p>	<p>31</p> <p>9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:45 am – CHAIR EXERCISE 11:30 am – LUNCH: Roast Turkey</p> <p>12:15 pm –  New Year's Celebration</p> <p>12:30 pm – TAI CHI (Class meets at the Senior Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p></p> <p>SENIOR CENTER CLOSED</p>